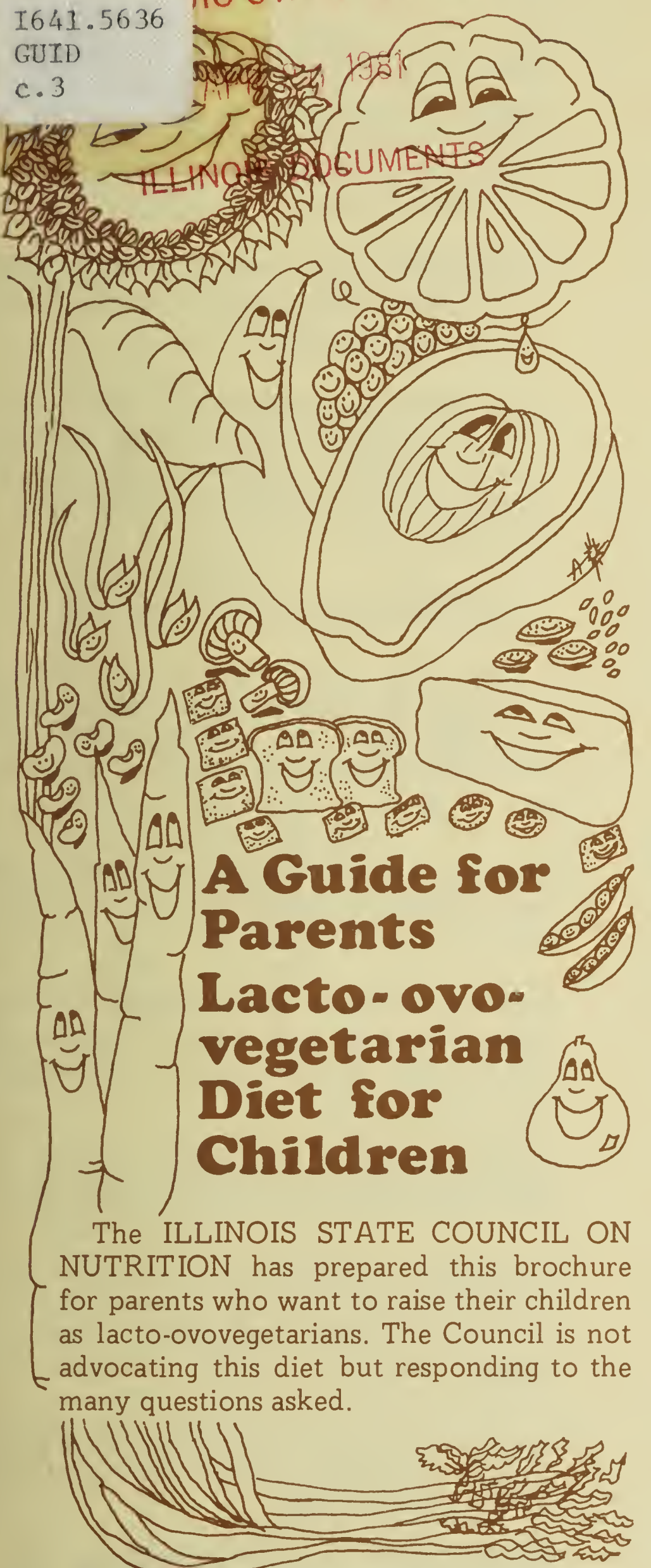


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A Guide for Parents Lacto-ovo- vegetarian Diet for Children

The ILLINOIS STATE COUNCIL ON NUTRITION has prepared this brochure for parents who want to raise their children as lacto-ovovegetarians. The Council is not advocating this diet but responding to the many questions asked.

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WHY YOU SHOULD BE CONCERNED

- Good planning is essential. A poor diet can slow or limit your child's growth and development.
- Vegetarian diets are high in bulk. This may fill the child before they get all the nutrients they need.
- Vegetarian diets vary in food restrictions: the more foods that are restricted from your child's diet, the greater chance your child will not get the nutrients needed.

THINGS YOU SHOULD KNOW

If your child does not get enough calories or energy from food, protein will be used for energy and child will be smaller and grow more slowly than others of the same age.

Excessive use of whole grain cereals and seeds should be avoided for children under three.

Fortified breakfast cereal (cereal that has added nutrients) with milk is a source of iron and other nutrients and can be planned for snacks.

To help increase iron absorption from foods serve some citrus fruit or juice each meal.

Some ways of getting milk into child's diet is to serve it with cereal or pureed fruit, in puddings, custards, cream soups, and ice cream.

Starchy root vegetables have poor quality protein and should not be substituted for daily protein serving.

TEST YOURSELF

Two examples of high quality protein foods are:

- a. wheat roll
- b. bean-rice loaf
- c. baked potato
- d. cheese

Parents should be concerned about nutrition because:

- a. children need all raw and unrefined foods to get proper nutrition.
- b. all children are hard to feed.
- c. the more food restrictions, the greater chance a child will not get all of the needed nutrients.
- d. vegetarian diets are all nutritionally poor.

Vitamin B₁₂ is needed for:

- a. healthy nerves and making red blood cells
- b. building strong bones and teeth
- c. keeping the skin healthy
- d. preventing anemia only

A food source of Vitamin B₁₂ is:

- a. soybeans
- b. dried fruits
- c. cheese
- d. nuts

Choose two statements that are correct:

- a. parents should use the servings from the four food groups as a guide to meal planning.
- b. Vitamin C helps the body use Iron.
- c. eating a variety of foods is not necessary for good nutritional intake.
- d. vegetarian children should not be given desserts because desserts are bad for their teeth.

Answers:

1. b, d 2. c 3. a 4. c 5. a, b

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NUTRIENTS

WHY NEEDED

BEST SOURCES

Calories

Not a nutrient but is the energy needed to support growth needs.

Practically all foods are energy sources.

High Quality Protein

Growth, maintenance and repair of tissues.

Eggs, dairy products, plant foods combined such as cereal with milk, peanut butter/wheat bread, soybeans or legumes with grains.

Vitamin B₁₂

For functioning of the nerves and making red blood cells.

Eggs, dairy products. (NO KNOWN PLANT SOURCE)

Riboflavin

To help the body use energy from food and maintain healthy skin.

Dairy products, eggs, green leafy vegetables, legumes, whole grain, fortified breads and cereals.

Vitamin B₆

Help the body use protein.

Soybeans, peanuts, corn, fortified bread and cereals.

Vitamin C

Help Iron absorption.

Oranges, grapefruit, melons, tomatoes, and their juices, raw cabbage.

Calcium

Mineral for strong bones & teeth: helps nerves & muscles to react normally.

Dairy products, leafy green vegetables (except spinach & chard), sesame seeds, almonds.

Vitamin D

For absorption and use of calcium in building bones & teeth.

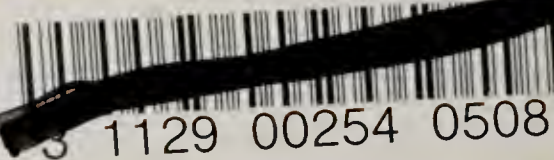
Egg yolk, milk, sunshine.

Iron & Other Minerals

Mineral needed for healthy red blood cells and prevents anemia. Other minerals are important also, and eating a variety of foods will provide them.

Egg yolks, dark green vegetables, legumes, soybeans, dried fruits, fortified breakfast cereals, whole grain breads made with yeast, dark molasses.

If you will be feeding your child a vegetarian diet, you should let your doctor know what type of foods will be restricted.



DAILY FOOD GUIDE FOR CHILDREN

Food Groups	1 to 3 years	3 to 6 years
Milk & Milk Products* 1 c. milk, 1 c. yogurt, 1½ oz. cheese,** or 1 c. pudding	2-3 servings	3 servings
Protein Group ½ c. dried beans, peas or soybeans, 2 T. peanut butter, 1 egg, ¼ c. cottage cheese, or 1 oz. cheese**	2 servings	2-3 servings
Fruits-Vegetables ½ c. cooked vegetable, or ½ c. fruit or juice	4 servings, total includes 1 citrus fruit, & 1 green leafy or yellow vegetable	4 servings, total includes 1 citrus fruit & 1 green leafy or yellow vegetable, small amount of raw vegetable
Breads-Cereals 1 slice bread (whole grain or enriched), 1 c. fortified breakfast cereal, ½ c. cooked cereal, noodles, macaroni, rice	3 servings	4 servings

Other foods as needed to make up the caloric needs.

*Other sources such as ice cream and cottage cheese are milk products, but are needed in amounts children are not able to consume.

**Count cheese as serving of milk OR protein, not both.

SAMPLE MENU

Breakfast	Lunch	Dinner	Snacks
ONE TO THREE YEARS – 1300 calories			
Egg, fortified breakfast cereal/ milk, ½ slice toast/ butter, ½ c. orange juice	Vegetable soup, peanut butter/ banana sandwich ¾ c. milk	Noodle-cheese casserole, mixed vegetables, bread/ butter, fruit or pudding, ¾ c. milk	Orange nog, Oatmeal Cookie, & ¾ c. milk
THREE TO SIX YEARS – 1800 calories			
Egg, fortified breakfast cereal/ milk, toast/butter, orange juice	Vegetable soup, peanut butter/ banana sandwich, apple wedges, ¾ c. milk	Noodle/cheese casserole, mixed vegetables, carrot raisin salad, bread/ butter, fruit cake ¾ c. milk	Nuts, cheese, cookies, & ¾ c. milk



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PRINCIPLES OF PLANNING AN ADEQUATE DIET

- Select from a variety of plant sources.
- Use four food group plan in Food Guide table as basis for meal planning and add foods from other groups.
- If milk is not permitted due to allergies, serve fortified soymilk with meals to improve protein quality of meals.
- Plan small servings and snacks.
- Limit sugary sweets and plan nutritious desserts, such as oatmeal cookies, fruit-cake, and puddings or custards.
- Limit use of whole grains and raw vegetables for children under two years of age.
- To insure adequate iron intake, include one serving of high iron protein food such as dried beans, peas or soybeans daily or serve fortified breakfast cereals.



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